

Health Literacy Instrument for Adults (HELIA)

Dear respondent,

This questionnaire deals with your perceived abilities and competencies on obtaining and using health information. For each question, put a check mark or cross in the box in front of the answer that best describes your abilities or skills. Please answer all questions.

Reading	Never	Rarely	Sometimes	Usually	Always
1. Reading educational materials about health (booklets, pamphlets, leaflets) is easy for me.	1	2	3	4	5
2. Reading written instructions from doctors, dentists and health workers about my illness is easy for me.	1	2	3	4	5
3. Reading medical and dental forms (such as admissions, consent, filing, etc. in hospitals and medical centers) is easy for me.	1	2	3	4	5
4. Reading leaflets and instructions for laboratory testing, ultrasound or radiology is easy for me.	1	2	3	4	5
Access to information	Never	Rarely	Sometimes	Usually	Always
5. I can find health information from different sources when I need such information.	1	2	3	4	5
6. I can find health information about healthy eating.	1	2	3	4	5
7. I can find health information on mental health such as depression and stress.	1	2	3	4	5
8. I can find health information about a specific disease when I need to.	1	2	3	4	5
9. I can find health information for some health problems and diseases such as high blood pressure, high blood sugar and high lipid levels.	1	2	3	4	5
10. I can find health information about harmful effects of tobacco and smoking.	1	2	3	4	5
Understanding	Never	Rarely	Sometimes	Usually	Always
11. I can understand the recommendations for a healthy diet.	1	2	3	4	5
12. I can understand when my physician explains about my illness.	1	2	3	4	5
13. I can understand the meaning when reading medical forms (such as admissions, consents, filings, etc.) in hospitals and health centers.	1	2	3	4	5
14. I can understand signage guidelines in hospitals, clinics and health centers.	1	2	3	4	5
15. I can understand drug information on labels.	1	2	3	4	5

16. I can understand the risks and benefits of drugs prescribed by my physician.	1	2	3	4	5
17. I can understand written information before testing, ultrasound or radiology.	1	2	3	4	5
Appraisal	Never	Rarely	Sometimes	Usually	Always
18. I can evaluate health-related information on the Internet.	1	2	3	4	5
19. I can evaluate health-related information broadcast on television and radio.	1	2	3	4	5
20. I can assess the accuracy of health-related recommendations I receive from relatives and friends.	1	2	3	4	5
21. I can communicate trusted health information to others.	1	2	3	4	5
Decision-making/ behavioural intention	Never	Rarely	Sometimes	Usually	Always
22. When facing an illness, I know where to go or with whom to speak.	1	2	3	4	5
23. When physician suggests that I should take antibiotic capsules three times a day, I know that I should take one tablet every 8 hours.	1	2	3	4	5
24. I do not cut my medications without my physician's permission, even if symptoms disappear.	1	2	3	4	5
25. If anyone from my first-degree relatives develops cancer (such as prostate, breast, cervix, colon, etc.), I see a doctor to examine me.	1	2	3	4	5
26. I avoid doing or eating things that increase my blood pressure.	1	2	3	4	5
27. I visit my physician for regular checkups.	1	2	3	4	5
28. I am health-conscious in any situation.	1	2	3	4	5
29. If needed, I ask my physician or health care team questions about my disease.	1	2	3	4	5
30. I buy dairy products (milk, yoghurt, cheese, etc.) according to their fat percentage.	1	2	3	4	5
31. I avoid using substances that increase my weight.	1	2	3	4	5
32. I use a seat belt when driving.	1	2	3	4	5
33. I consider the food labels when shopping.	1	2	3	4	5

Thank you for completing the questionnaire

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